

Tooth Sensitivity – What’s Causing It?

Do you ever feel a sharp twinge when enjoying hot drinks or something cold? Tooth sensitivity is a common issue and can be caused by enamel wear, gum recession, or even brushing too hard.

Using a sensitivity toothpaste, brushing gently with a soft-bristled toothbrush, and avoiding overly acidic foods can all help manage symptoms. If sensitivity persists, it’s always best to have it checked — we can identify the cause and recommend the most effective treatment to keep you comfortable.



DOMINIC



In the Spotlight

We have recently celebrated Dom being at the practice for 20 years — a fantastic milestone and a true reflection of his dedication and passion for dentistry.

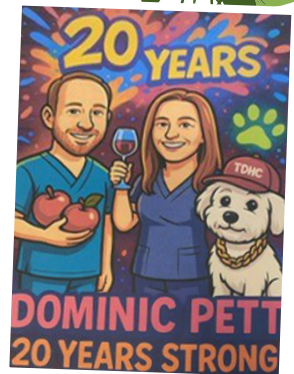
Over the years, Dom has consistently provided outstanding dentistry and exceptional care for his patients. He offers excellent general dental treatment, as well as advanced cosmetic options such as composite bonding and Invisalign.

Dom genuinely enjoys getting to know his patients, always taking the time to chat, listen, and build lasting relationships that help people feel relaxed and at ease.

Working alongside him is Nurse Carole, who has been by his side for almost as long, assisting him throughout the years. Together, they bring not only skill and professionalism, but also a shared sense of humour — patients often comment on the light-hearted banter that makes visits that little bit more enjoyable.

Outside of Surgery 1, Dom has a real passion for gardening and can often be found outdoors chopping trees, planting, and keeping busy in the fresh air.

Dom is a wonderful part of our dental family, and we are incredibly grateful for the care, commitment, and positivity he brings to the practice every day.



JEFFERSON
COUNTY COLORADO

Autism Acceptance Month

April 2026



April is recognised as Autism Acceptance Month, a time to promote understanding, inclusion, and support for individuals on the autism spectrum.

At our practice, we understand that visiting the dentist can feel different for everyone. We are committed to creating a calm, welcoming, and supportive environment for all patients, including those who may feel anxious or need a little extra time and care.

If you or a family member would benefit from a more tailored approach to dental visits, please let our team know. We're always happy to help make your experience as comfortable as possible.

Awareness starts with understanding, and small changes can make a big difference.



National
Smile
Month

11 May - 11 June
2026

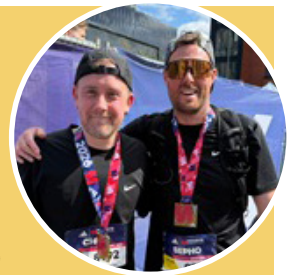
National Smile Month is almost here!

It's the perfect time to focus on keeping your smile healthy and confident.

At The Dental Health Centre we're proud to support this annual campaign and help our patients take simple steps to care for their teeth and gums. The message is easy: brush twice a day with fluoride toothpaste, clean between your teeth daily, and keep up with regular hygiene visits. A healthy smile starts with small changes so let's make this National Smile Month your fresh start for brighter, happier teeth!

Crowned with Glory: Dr Tom Sephton Finishes Strong

A huge congratulations to **Dr Tom Sephton**, who completed the Manchester Marathon in **an impressive 4 hours and 1 minute**. Even more inspiring, Tom has raised an outstanding £2,500 for the Head and Neck Cancer Department at East Lancashire Hospitals NHS Trust (Royal Blackburn Hospital). These funds will help develop a "Patient's Retreat"; a cause especially close to Tom's heart following his mum's experience. The Retreat aims to provide a peaceful environment where patients can relax and reflect during what can be a very challenging time. If you'd like to support Tom's incredible achievement and contribute to this meaningful project, donations are still open [here](#).



Little MONSTERS



This National Smile Month, we're inviting our younger patients to get creative and take part in the Smiley Monster Competition, run by the Oral Health Foundation.

It's a fun way to encourage children to think about healthy smiles while designing their very own "smiley monster" and there are prizes to be won too!

If your child would like to take part, you can find all the details and download the entry sheet here:

<https://www.dentalhealth.org/smiley-monster>

We'd love to see their creations, so feel free to bring them along to your next visit or share them with us!

Fresh Smiles This Spring

Our recent Invisalign Digital Smile month was a fantastic success, and we'd like to thank everyone who attended.

It was great to see so many patients taking the first steps towards their dream smile and enjoying £750 worth of complimentary treatments. If you missed out, don't worry, we'll be hosting another special offer month soon. Keep an eye out for updates, and we'd love to see you at the next one.

 **invisalign**
PROVIDER



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